



## Currant Raisin Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



106 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 0.5 cup dates pitted chopped
- 1 cup currants dried
- 2 eggs
- 2.8 cups flour all-purpose sifted
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg

- 2 tablespoons milk
- 0.5 teaspoon orange zest
- 1 cup raisins
- 0.5 cup butter unsalted
- 0.8 cup walnuts chopped

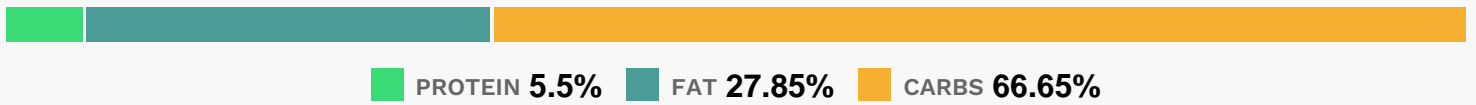
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Cream butter and sugar until smooth.
- Add the milk and eggs, stirring well. Set aside 1/4 cup of the flour. Sift the rest with baking soda, cinnamon, and nutmeg.
- Sprinkle on the grated orange rind. Stir into the butter mixture until well blended. In a separate bowl, mix together the currants, raisins, dates and nuts. Toss together with 1/4 cup of flour. Fold into the batter.
- Drop onto cookie sheets and bake for 23 to 25 minutes, until slightly golden.
- Let cool on rack.

## Nutrition Facts



## Properties

Glycemic Index:7.16, Glycemic Load:6.35, Inflammation Score:-1, Nutrition Score:2.3243478238583%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 106.24kcal (5.31%), Fat: 3.41g (5.25%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 17.57g (6.39%), Sugar: 9.62g (10.69%), Cholesterol: 11.98mg (3.99%), Sodium: 30.18mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Manganese: 0.15mg (7.33%), Vitamin B1: 0.07mg (4.85%), Selenium: 3.28µg (4.69%), Folate: 16.6µg (4.15%), Vitamin B2: 0.06mg (3.47%), Iron: 0.62mg (3.44%), Copper: 0.07mg (3.29%), Fiber: 0.79g (3.17%), Vitamin B3: 0.56mg (2.78%), Phosphorus: 25.41mg (2.54%), Potassium: 87.39mg (2.5%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.04mg (1.83%), Calcium: 15.3mg (1.53%), Vitamin A: 72.88IU (1.46%), Zinc: 0.16mg (1.06%)